

Fish and Shellfish

SELECTION, CARE, AND USE

MARJORIE BURNS
HELEN GIFFT
HELEN MACDONALD

CORNELL EXTENSION BULLETIN 1069
NEW YORK STATE COLLEGE OF HOME ECONOMICS

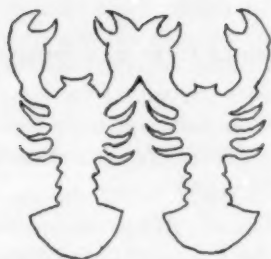
Fish and Shellfish

CONTENTS

Fish	
Selection and Care of Fresh and Frozen Fish	4
Market forms	4
How much to buy	4
How to judge quality	4
Home care	5
Care of Freshly Caught Fish	5
Cooking Fish	6
Baking whole fish	7
Baking fillets or steaks	7
Baking fillets at a high temperature (oven-frying)	8
Broiling fish	8
Pan-frying fish	9
Poaching fish	9
Shellfish	10
Lobster	10
Selection and care of live lobster	10
Boiling live lobster	10
Cleaning lobster	11
Lobster Tails	11
Selection of rock lobster tails	11
Boiling rock lobster tails	11
Broiling rock lobster tails	12
Oysters	12
Selection of shucked oysters	12
Cooking shucked oysters	12
Scallops	13
Selection of scallops	13
Cooking scallops	13
Shrimp	13
Selection of shrimp	14
Cooking shrimp before peeling	14
Cooking shrimp after peeling	14
Sauces for Fish	15

All photographs courtesy of United States Department of the Interior, Bureau of Commercial Fisheries.

SELECTION,
CARE,
AND
USE



MARJORIE BURNS
HELEN GIFFT
HELEN MACDONALD

Do you like fish? Are you one of those who have already learned how good it can be? Or are you one of the many who haven't given fish a chance?

Here is a food that can be utterly delicious. It is available to you in countless varieties; each variety can be prepared in a host of ways. It comes in all price ranges. What's more, it is nutritionally equivalent to meat. In spite of all these advantages, fish is often neglected in meal planning. Why?

One reason is that many women are not sure how to select good quality fish. Another is that homemakers may think fish is too much trouble to cook . . . simply because they are not used to cooking it. Still another, and probably a common explanation, is that fish is forgotten in menu planning. We are creatures of habit and often fish is not part of the food habits which are deeply ingrained in all of us.

As you read this bulletin, we hope you will gain a new appreciation for this fine food. As you develop confidence in buying and cooking it, we hope that you will experiment with different kinds of fish and cooking methods in order to bring new eating enjoyment to your family.

FISH

Selection and Care of Fresh and Frozen Fish

Market forms

Those who live in fishing areas can sometimes buy fish *whole* (as they come from the water) or *drawn* (with only the entrails removed). But most of us buy fish ready-to-cook in the following forms:

Dressed. Fish which has been drawn and scaled; usually the head, fins, and tail have been removed (figure 1).

Fillets. Ready-to-cook, boneless solid pieces of fish cut lengthwise away from the backbone (figure 2).

Steaks. Ready-to-cook cross-section slices of large dressed fish (figure 3).

Fish sticks. Pieces of fish cut lengthwise or crosswise from fillets or steaks into pieces 1-inch wide and 3-inches long (figure 4).

How much to buy

Use the same guide for fresh or frozen fish:

Whole and drawn	$\frac{3}{4}$ to 1 pound for each serving
Dressed, no heads or tails	$\frac{1}{2}$ pound for each serving
Steaks, fillets, fish sticks	$\frac{1}{2}$ pound for each serving

How to judge quality

Freshness is the only important indication of fish quality. Freshness, in this sense, means that the fish has been handled in a way that will preserve its original eating quality. This is often done by freezing; unfrozen fish should be shipped and displayed on crushed ice and held only a short time. To assure top quality, choose a dependable market. You cannot judge fish by its price; the most inexpensive variety can be delicious.



Figure 1. Dressed fish

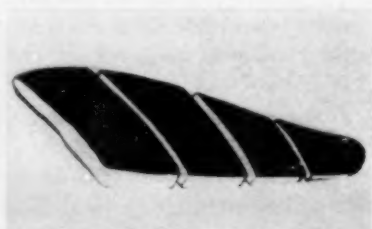


Figure 2. Fillets



Figure 3. Steaks

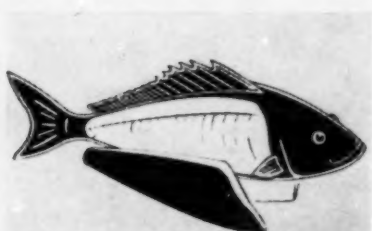


Figure 4. Fish sticks

Fresh fish. A fresh odor is one reliable indication of quality; an unpleasant, strong "fishy" odor is evidence of appreciable deterioration. Fresh fish also has a firm, elastic flesh which will not retain finger impressions. If you buy fish whole, look for bright, clear, and bulging eyes; reddish pink gills; tight, bright, and shiny scales. Most of us buy fish with head and scales removed, however, so these quality indications are ordinarily useless.

Frozen fish. Frozen fish, like all frozen foods, loses quality at temperatures above 0°F., so buy from a dealer who maintains storage cabinets at 0°F. or below and doesn't exceed the cabinet "fill" line. Make sure the fish is solidly frozen and, preferably, wrapped with no airspace. It's a good idea, too, to buy from a market with a rapid turnover.

Home care

Fresh fish. Wrap fresh fish in moisture-vapor-resistant paper or place the fish in a tightly covered dish. Refrigerate it as soon as you can after purchase. For top quality, use the fish the same day you buy it.

Frozen fish. One week should be the maximum storage time for frozen fish in the frozen food compartment of the home refrigerator. As a rule, these compartments have average temperatures over 0°F. due to limitations of the refrigerator design and frequent opening of the refrigerator. Even when you can provide zero storage, it's wise to use commercially frozen fish within a few weeks because you can't be sure how the fish has been handled between packer and retail outlet.

Care of Freshly Caught Fish

It is essential that freshly caught fish be kept cool or that it be kept alive until ice can be provided. These precautions are necessary because deterioration is extremely rapid after the fish is killed. If the fish is not cooked immediately after reaching shore, it should be drawn and dressed and surrounded with ice. It saves work to scale fish immediately.

Scaling. Not all fish have scales. For those that do, however, scaling is easiest when the fish is freshly killed and still wet. If scaling must be delayed, put the fish in cold water for 10 or 15 minutes to ease scale removal.

To simplify cleanup, lay the fish on a large sheet of paper or scale it out-of-doors. Grasp the fish firmly by the head and use the back of a stiff knife, the edge of a heavy spoon, or a fish scaler. Hold the implement almost at right angles to the fish and scrape off the scales, working toward the head.

Drawing and dressing. Make a slit the entire length of the belly and scrape out the entrails. Remove the large back fin by cutting into the flesh along each side of the fin (figure 5). Grasp the fin and give a slow, steady pull toward the head of the fish (figure 6). This will remove both the fin and the root bones. Remove the other fins in the same way. Cut off the head or not as you prefer. Wash the fish in cold running water. It is now ready to cook.

Freezing. Prepare the fish ready-to-cook as described above. Cut large fish into steaks or fillets, if you wish. Wrap the fish in moisture-vapor-resistant paper, separating steaks or fillets with two pieces of freezer paper. Freeze immediately at 0°F. or below and store the fish at the same low temperature. The fish will maintain good quality for 1 to 2 months at this temperature.

Cooking Fish

There are many methods of cooking fish and hundreds of recipes, but all have one rule in common: *Don't overcook!* Overcooked fish is dry and may even seem tough. Probably many people who think they dislike fish have never tasted it except when overcooked.

Experience is the best teacher in deciding when fish is done, but it helps to know that fish is tender to begin with and needs cooking only to coagulate the protein. You can judge doneness partly by appearance. As the protein coagulates the flesh loses its translucence and becomes opaque. The best guide, though, is to remove the fish from the heat *just as soon* as the fish flakes easily with a fork.

Time-temperature relationships in fish cookery. There is no "best" temperature for cooking fish, but there is a "best" time for each temperature. A low or moderate cooking temperature is usually suggested because less watching is necessary, but occasionally a high temperature has some advantages. An example is oven-frying (see page 8). Low temperature, on the other hand, is preferable for most methods of cooking thick pieces of fish and hard-frozen fish to insure even heat penetration. The important point is to adjust the time according to the temperature and to cook only until done.

Choosing a cooking method. Many people think only of frying fish. But there are other interesting ways to cook it . . . broiling, baking, poaching, and



Figure 5. Cutting to remove back fin



Figure 6. Removing fin

numerous variations of each. All fish can be cooked by any of these methods; the kind of fish need not limit the way you cook it.

Fish are roughly classified as lean and fat. In general, white-fleshed varieties such as halibut and cod are lean; varieties with colored flesh such as salmon and mackerel tend to have more fat. Lean fish are improved with the addition of a little more fat or oil than is necessary with fat fish.

Using frozen fish. Frozen fish need not be thawed unless it has to be cleaned, breaded, or stuffed. Hard-frozen fish will take slightly longer to cook than if partially thawed.

If you want to thaw fish, there are several ways to do it. For each of them, keep the fish wrapped and thaw it only enough to handle. For the most uniform results, thaw on the refrigerator shelf. This will take 3 to 4 hours for a 1-pound package. At room temperature, the same size package will thaw in about an hour, but it may give considerable drip. Large fish with skin intact or sealed packages can be immersed in cold running water for speedy thawing. But don't soak the bare fish or it will lose flavor. Cook the fish as soon as thawed.

Baking whole fish

Baking is an excellent way to cook whole fish weighing $2\frac{1}{2}$ pounds or more. Stuff the fish if desired. Bake as follows:

1. Rub the inside of the fish cavity with salt.
2. Place the fish on a well-greased baking dish. Cut 4 or 5 slashes across the upper side.
3. Brush the fish with melted fat such as butter or salad oil. Or if you like, lay 3 or 4 strips of bacon over the fish.
4. Bake in a moderate oven, 350°F. , for 10 to 15 minutes per pound or until the fish flakes easily with a fork. Baste lean fish occasionally with additional melted fat or oil.

Hard-frozen fish: Follow the directions above and increase the cooking time to about 15 to 18 minutes per pound.

Fish with stuffing: Make your favorite stuffing, lightly seasoned, allowing about one cup of stuffing for each pound of fish. Stuff the salted fish loosely. Close the opening with skewers and lace with string. Bake as above.

Baking fillets or steaks

Oven cooking for fillets and steaks will simplify preparation, watching, and cleanup. Bake as follows:

1. Sprinkle both sides of the fish with salt and pepper. Place the fish in a well-greased baking dish.
2. Brush the fish generously with butter (seasoned with a little lemon juice and grated onion if you like).

3. Bake in a moderate oven, 350°F., for 20 to 25 minutes or until the fish flakes easily with a fork.

Hard-frozen fish: Follow the directions above and increase the baking time about 5 to 10 minutes.

Fillets or steaks, baked in liquid (oven poaching): The liquid may be any of those suggested for poaching fish on the surface of the range (see page 9). Use about enough liquid to cover the fish and bake as directed above for fillets or steaks.

Baking fillets at a high temperature (oven-frying)

Baking at a high temperature gives the crisp crust and browned flavor of pan-fried fish yet uses less fat, takes much less attention, and causes fewer cooking odors. Since flour, cornmeal, and cracker crumbs do not brown well in the oven, use bread for crumbing. Prepare as follows:

1. Dip the fresh or partially thawed fillets into milk which has been heavily salted (1 teaspoon salt to $\frac{1}{2}$ cup milk). Then roll the fish in fine, dry bread crumbs which have been mixed with paprika (1 teaspoon paprika to 1 cup bread crumbs).
2. Arrange the crumbed fillets, side by side, in a well-greased baking dish.
3. Drizzle a small amount of melted butter or other fat over the fish (about 2 tablespoons of fat for each pound of fish).
4. Bake the fish in a very hot oven, 500°F., for 10 to 15 minutes, or until the fish flakes easily with a fork.

Broiling fish

Choose pieces of fish which are thicker than $\frac{1}{2}$ inch. Very thin pieces are apt not to brown in the time it takes them to cook. When you are judging broiling time, it is much more important to know when the fish is done than to watch the clock. Since broiler ovens differ considerably in speed, the times given below are only approximate. Broil as follows:

1. Remove the broiler pan and preheat the broiler compartment or not as the manufacturer directs. Grease only the area of the broiler pan which will be covered by the fish.
2. Sprinkle both sides of the fish, and the inside of whole or split fish, with salt and pepper.
3. Arrange the fish on the broiler pan. Place fillets or split fish skin side down.
4. Brush the fish generously with melted butter, salad oil, or French dressing.
5. Insert the broiler pan in the oven so the top of the fish is 2 to 3 inches from the source of heat. *If the fish is hard-frozen*, have the top of the fish 3 to 4 inches from the heat.

6. Broil 10 to 15 minutes, or a few minutes longer if the fish is hard-frozen. (Don't turn split fish. Fillets or steaks may be turned at half time, but it is not necessary.) Cook only until the fish flakes easily with a fork.

Pan-frying fish

Pan-frying fish has several limitations. The generous use of fat masks the delicate flavor of the fish, cooking odors are noticeable, and the skillet is often difficult to clean. Pan-frying is an excellent way to cook tiny whole fish, such as smelt. On the other hand, it is a poor method to choose for fish containing ice crystals because the moisture freed by the melting ice causes the fat to spatter. Pan-fry as follows:

1. Sprinkle the fish with salt and pepper.
2. Dip the fish into beaten egg which has been mixed with a little milk. Then dip the fish into fine dry bread or cracker crumbs, cornmeal, or flour.
3. Fry the fish, using moderate heat, in about $\frac{1}{2}$ inch of fat. Do not let the fat smoke. Turn the fish carefully with a broad spatula when the fish is brown on one side, about 5 minutes.
4. Fry until the fish is brown on the other side and flakes easily with a fork. Drain on absorbent paper.

Poaching fish

Poaching fish is the method often chosen by the gourmet, yet poaching is so simple that it lends itself to family meals. Any fish can be poached.

The poaching liquid may be milk, salted water, court bouillon¹, or a thin starch-thickened sauce (see page 15). Plan to serve the fish with a sauce, perhaps one made from the liquid in which the fish was cooked.

The only part of the poaching technique which may be difficult for the novice is handling the fish without breaking. Directions often suggest wrapping the fish in cheesecloth and cooking it in a saucepan. A simpler way for most homemakers is to poach the unwrapped fish in a skillet. The fish can be easily transferred from the skillet with a pancake turner. The skillet-method is the one given here:

1. Heat the poaching liquid in a deep skillet, using about enough liquid to cover the fish.
2. Place the fish in the liquid and adjust the heat so the liquid is just simmering.
3. Cover the skillet and simmer the fish until it flakes easily with a fork, about 5 to 10 minutes.
4. Remove the fish carefully to a hot platter and serve with any desired sauce (see page 15).

¹ Court bouillon. This is simply salted water with added seasonings. A suggested combination is: 1 quart water, 12 peppercorns, 4 teaspoons salt, 2 stalks of celery diced, 4 sprigs parsley, 4 teaspoons vinegar. Simmer for about 30 minutes before using it for cooking the fish.

SHELLFISH

Many of the same rules for buying and handling fin fish apply to shellfish, particularly the importance of choosing a dependable market and the suggestions which are made on pages 4-5 for selection and care of frozen fish. Similarly, cooking principles are the same as those discussed on pages 6-7 for fin fish. However, many of the manual techniques for handling shellfish are distinct for each species, and the market forms for the various kinds differ. For your convenience, therefore, selection and preparation considerations for each type are discussed separately in the following sections.

Lobster

The northern lobster, or true lobster, is caught principally along the New England and Canadian coasts. Most is marketed alive, fresh-cooked, or canned. Very little is frozen.

Selection and care of live lobster

Lobsters range in size from 1 to 3 pounds. Allow about 1 pound in the shell for each serving. Buy the lobster close to cooking time and be sure it is active.

Until cooking time, lay the lobster on top of ice cubes, which have been covered with several sheets of paper to keep the lobster from suffocating as the ice melts. Store on the refrigerator shelf. Refrigerator temperatures are a little lower than ideal, so the lobster may become sluggish but will remain alive for several hours.

Boiling live lobster

1. Grasp the lobster behind the claws (figure 7) and plunge it into enough boiling salted water (about 1 tablespoon per quart) to cover. Cover the pan and reheat the water to simmering.
2. Simmer 1 to 1½ pound lobsters for 8 to 10 minutes; 2 to 3 pound lobsters for 12 to 15 minutes.
3. Turn off the heat and let the lobster stand in the hot water for 15 minutes longer. Drain, rinse, and clean.



Figure 7.
Plunging lobster into water



Figure 8.
Cutting cooked lobster before cleaning it

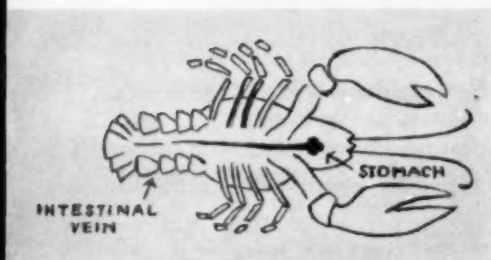


Figure 9. Diagram of lobster



Figure 10. Florida lobster tail

Cleaning lobster

1. Place the cooked lobster on its back and cut from the head to the tail with a sharp knife (figure 8).
2. Discard the intestinal vein which is a line, slightly darker than the meat, running through the tail and the body. Remove the stomach near the head of the lobster (figure 9) and the lungs. The red coral roe and the green liver are edible.
3. Crack the claws or provide a clawcracker. Serve with melted butter.

Lobster Tails

The tail meat is the only edible portion of the spiny or rock lobster. Some of these come from Florida (figure 10), but large quantities are imported from South Africa, Australia, and Mexico. The shell varies in appearance according to the part of the world from which the lobster tail has come, but this does not affect its use.²

Selection of rock lobster tails

Lobster tails are sold only frozen in northeastern markets. Sizes vary from 4 ounces to more than 1 pound. Allow about 8 ounces for each serving.

Boiling rock lobster tails

1. Thaw the tails or not as you prefer. If you plan to serve the tails in the shell, insert skewers lengthwise through the meat to prevent curling.
2. Plunge the lobster tails into enough boiling salted water (about 1 tablespoon per quart) to cover.
3. Quickly bring the water back to simmering. If the tails were thawed before cooking, simmer 1 minute longer than the ounce weight of the largest tail. If the tails were frozen, simmer 3 minutes longer than the ounce weight of the largest tail.
4. Drain, rinse, and cut away the undershell. Serve with melted butter.

² Langostinas are another form of lobster often available now in frozen food cases. They are miniature lobsters caught off the coast of Chile. Only the tail meat is eaten, and is sold in our markets cooked, shelled, frozen, and ready-to-eat. In this form the tails resemble tiny shrimp, and can be used in the same way.

Broiling rock lobster tails

1. Thaw the tails enough so you can cut away the undershell with scissors. Insert skewers lengthwise through the tails to prevent curling during broiling.
2. Remove the broiler pan and preheat the broiler compartment or not as the manufacturer directs.
3. Place the lobster tails shell side up on the broiler rack, and place the pan in the oven so the tops of the shells are about 5 inches below the heat.
4. Broil for about 5 minutes, or until the shells turn red.
5. Turn, spread generously with melted butter, and sprinkle with paprika if desired.
6. Broil 6 to 9 minutes longer or until the meat loses its translucent appearance. Serve with melted butter.

Oysters

Fresh oysters are most plentiful from September through April, but frozen shucked oysters are available all year. During the summer months, fresh oysters are small and lack some of their rich flavor because they have just finished spawning.

Selection of shucked oysters

Fresh shucked oysters are sold by the liquid measure: half-pint, pint, quart, or gallon. Frozen shucked oysters are usually sold by weight. In either case, the oysters are graded by size: counts or extra large, extra selects or large, selects or medium, standard or small, and very small. Only two of these are common in New York State markets:

Size	Number per pint	Use	Amount to buy
Selects	26 to 38	Pan-frying or oven-frying	1 pint for 3 to 4 servings
Standards	38 to 50	Scalloped, or in casseroles or stew	1 pint for 4 to 6 servings

Raw shucked oysters should be plump and have a fresh, sweet smell. Examine the oysters for bits of shell.

Cooking shucked oysters

Selects. Frying, either in the oven or on the surface of the range, is the most common way of serving oysters of this size. The essentials of preparation and cooking are the same as described for fin fish on page 8 (oven-frying) and page 9 (pan-frying). Whichever method you choose, cook the oysters *only* until the edges curl, about 8 to 10 minutes on the surface of the range or in a hot oven, 500°F.

Standards. This is the size most commonly found on the retail market, either fresh or frozen. Most cookbooks will give you a variety of recipes for the dishes in which these are used. Be sure to use the oyster liquor and cook the oysters *only* until the edges curl. Oysters cook very quickly, and it is necessary only to heat them through.

Scallops

Scallops have two shells like oysters and clams. Only the large muscle that opens and closes the shell is eaten in this country.

Selection of scallops

The *bay scallop* is small, pinkish white, and considered a great delicacy, but it is scarce and relatively expensive. The *sea scallop* is larger, averaging from 1 to 2 inches across, and has white meat. Frozen scallops are usually sea scallops.

Allow about 3 servings per pound for frying, sauteeing, or broiling, or 4 to 6 servings per pound if the scallops are used in combination dishes.

Cooking scallops

For most cooking methods, it is easier to handle frozen scallops if they are thawed enough to separate. For thawing directions, see page 7. Whether fresh or frozen, wash the scallops and examine them for bits of shell and sand.

Frying and broiling are the most familiar ways of serving scallops. With the minor variations given below, these methods are the same for scallops as described for fin fish.

Broiling. Dip the scallops in melted butter or French dressing. Roll in very fine bread crumbs if you like. Then follow the directions for broiling fish (see pages 8-9), limiting the entire cooking time to 5 to 7 minutes.

Oven-frying. Follow the directions for oven-frying fish (see page 8), limiting the cooking time as follows:

If you use a very hot oven, 500°F., bake for 8 to 10 minutes.

If you use a moderate oven, 350°F., bake for 15 to 20 minutes.

Pan-frying or sauteeing. Follow the directions for pan-frying fish (see page 9), limiting the total cooking time to about 5 minutes.

Poaching. This also merits recommendation as a way of cooking scallops. Three to four minutes simmering time is enough for small scallops or large ones cut in half. They may be poached in salted water or court bouillon (see page 9) and are usually served with a sauce.

Shrimp

Most of the shrimp marketed in the United States come from the South Atlantic and Gulf Coasts. Although raw shrimp range in color from grayish-green to brownish-red, they all turn pink when cooked and differ little in appearance

and flavor. Raw shrimp are often called "green shrimp." Shrimp are sold heads off because only the tails have appreciable meat.

Selection of shrimp

Shrimp in the shell are sold either fresh or frozen and are graded according to the number of shrimp per pound. Common sizes are:

Jumbo under 20 per pound	Medium . . . 26 to 35 per pound
Large 21 to 25 per pound	Small . . . 35 or more per pound

About 55 per cent of the weight of shell shrimp is edible meat.

Frozen shrimp may also be purchased peeled and deveined, either cooked or uncooked.

Shrimp may be cooked before or after peeling. Shrimp peeled before cooking have more tendency to curl than shrimp cooked in the shell, but otherwise the choice is a matter of convenience.

Cooking shrimp before peeling

1. Wash the shrimp. Thaw frozen shrimp or not as you prefer.
2. Place the shrimp in enough boiling salted water to cover, using $\frac{1}{4}$ cup of salt to $1\frac{1}{2}$ quarts of water for each pound of shrimp.
3. Cover the pan and return the water to simmering. Simmer 3 to 5 minutes or until the shells turn pink.
4. Drain, rinse, and peel the shells from the shrimp. Make a shallow cut lengthwise down the back of each shrimp and remove the sand vein running along the back. A toothpick or the tip of a paring knife is a convenient tool. Wash and chill.

Cooking shrimp after peeling

1. Thaw frozen shrimp enough to handle.
2. Peel the shells from the shrimp. Make a shallow cut lengthwise down the back of each shrimp and wash out the sand vein.
3. Place the shrimp in enough boiling salted water to cover, using 2 tablespoons of salt to $1\frac{1}{2}$ quarts of water for each pound of shrimp. Or use court bouillon (see page 9) instead of the salted water.
4. Cover and return the water to simmering. Simmer 3 to 5 minutes or until the shrimp turn pink.
5. Drain, rinse, and remove any particles of sand veins remaining. Chill.

SAUCES FOR FISH

Fish, probably more than any other food, is enhanced by the use of a suitable sauce. Its bland and delicate flavor is made more interesting by blending with other flavors. The texture particularly of lean fish is improved. And what delightful variety is possible if you use sauces with imagination and skill!

Any good cookbook will provide recipes and suggest interesting possibilities, but this is an area where invention and creation can pay big dividends. There's a large repertoire of sauces to choose from. Some general information should be all you need.

Starch-thickened sauces. This is a large group and deserves more use. These sauces are usually served hot. They should be about the consistency of thin white sauce, and are prepared according to the same principles. The thickener can be white or browned flour. The liquid can be stock, cream, milk, tomato juice, or any combination of these. Possible additions or flavorings are numerous. Chopped egg, onion, cucumber, or green pepper; mushrooms or cheese; horseradish or lemon juice; minced chives or parsley are all good. A skillful use of herbs will do wonders for these sauces. Try these alone or in combination: dried leaves of dill, basil, tarragon, thyme, marjoram. The leaves can be added directly to the sauce, or their flavors can enter by way of the stock.

Butter sauces. These are simple to make. Butter is either softened or melted, then mixed with lemon juice and often chopped parsley. The butter may be lightly browned first for a delightful and unusual flavor.

Hot or cold emulsions. The glamour sauce, hollandaise, belongs here. And so does that perennial old favorite, tartar sauce. An easy substitute for hollandaise can be made from mayonnaise. Add some extra lemon juice and heat gently. Many things can be added to mayonnaise or salad dressing to make quick and easy sauces. Consider chopped chives, onion, pickle relish, olives, horseradish, chopped parsley, or other fresh herbs.

Miscellaneous sauces. In this category comes Newburg sauce, an egg-thickened liquid which should be made according to the principles for stirred custard. Sour cream makes a fine base for a sauce which could have the same additions as those mentioned for mayonnaise. French dressings can also be used as sauces.

One further suggestion may be helpful. If you are not accustomed to using herbs, don't be disturbed by the fact that many recipes omit them or indicate no definite amounts. There are no rules about amounts or kinds of herbs to use. Be experimental. This is completely a matter of what pleases *you*. Season to taste is the only rule. And remember that a good cook always tastes.

An Extension publication of the New York State College of Home Economics, a unit of the State University, at Cornell University, Ithaca, New York

AUGUST 1961



Cooperative Extension Service, New York State College of Home Economics at Cornell University and the United States Department of Agriculture cooperating. In furtherance of the Acts of Congress May 8, June 30, 1914. M. C. Bond, Director of Extension, Ithaca, New York.

